

Tomato group exercises

1. Fill in the gaps with the given words!

A diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with..... . A gluten-free diet is also among people who haven't been diagnosed with a gluten-related condition. The claimed of the diet are improved health, and increased energy, but more research is needed.

2. What is your opinion on a gluten-free diet? Include also the words given in your composition!

breakfast, health, benefits, disadvantages, conscious, worldwide

3. True or False

Tomato originates from Spain

Bananas don't have seeds

You should more protein than fruits

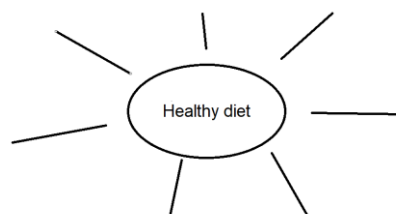
Eating vegetables daily is good

If you drink a lot of milk you will grow more

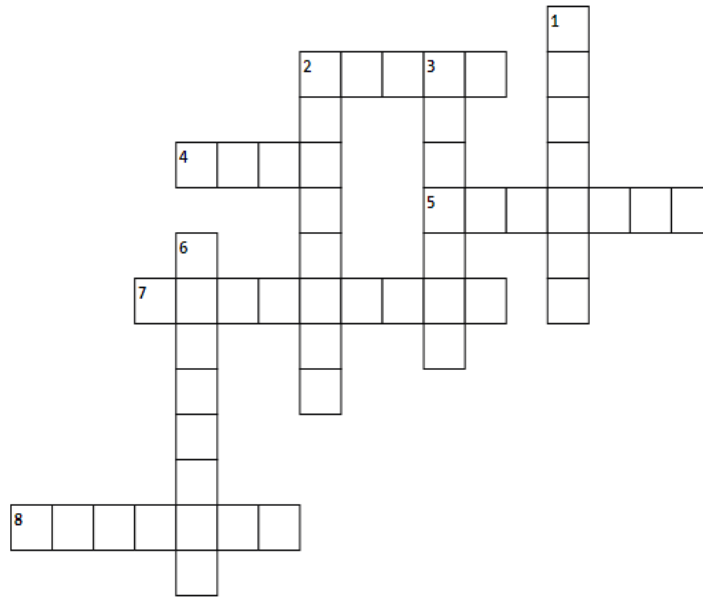
Tomato is a vegetable

Strawberries have seeds

4. Associate terms with the given word!



5. Solve the crossword!



Across

- 2. Romanian "sweet" made out of sunflower seeds
- 4. having a very low temperature
- 5. a medical condition that causes someone to become sick after eating, touching, or breathing something that is harmless to most people
- 7. emergency treatment for an injured person
- 8. The condition of being physically fit and healthy

Down

- 1. dietary component of body tissues such as muscle, hair etc
- 2. you need to drink lots of fluids in order to be...
- 3. supplements that keep the body healthy
- 6. a disease in which the body cannot control the level of sugar in the blood

Solutions

1 - gluten-free, gluten, medical, popular, benefits, weight loss

2 – Ex.: Considering a healthy diet there are a lot of benefits involved, you should on also consider starting a gluten-free diet, starting your day with mainly vegetables. You should pay attention to your health all of the time, just because disadvantages are really huge if you don't take care of yourself. This conscious effort is also felt worldwide in our days.

3 – F, F, F, T, T, F, T

4 – ex.: fruits, vegetables, balanced diet, diet pyramid, proteins, fish, small amounts of sweets, workout, home-made dishes

5 -

Health

Across

2. Romanian "sweet" made out of sunflower seeds
4. having a very low temperature
5. a medical condition that causes someone to become sick after eating, touching, or breathing something that is harmless to most people
7. emergency treatment for an injured person
8. The condition of being physically fit and healthy

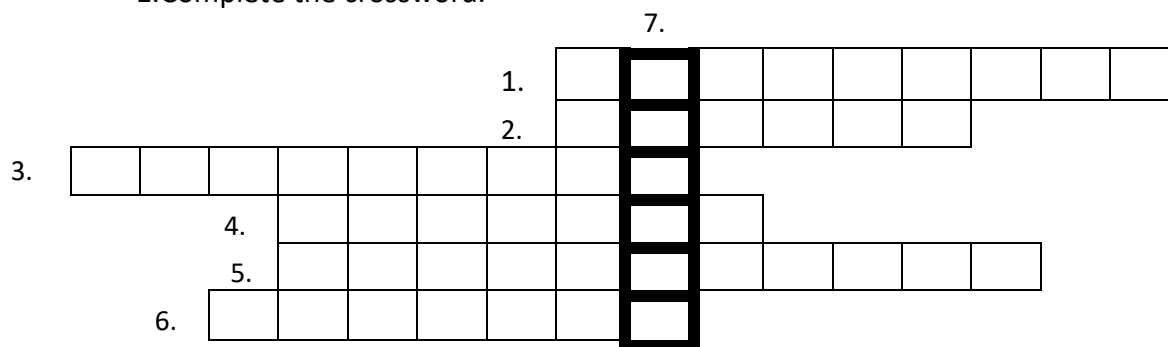
Down

1. dietary component of body tissues such as muscle, hair etc
2. you need to drink lots of fluids in order to be...
3. supplements that keep the body healthy
6. a disease in which the body cannot control the level of sugar in the blood

Exercises for workbook.

Healthy foods.

1. Complete the crossword.



1. The most famous dessert all over the world.
2. A traditional Spanish dish made with rice and seafood/meat.
3. A traditional Slovenian dessert, similar to a Hungarian one. It is puff pastry on the top and bottom and it has cream in between.
4. Traditional Romanian dish which contains meat and rice in cabbage.
5. Traditional Italian dish made out of sheep meat wrapped in a skewer.
6. A traditional Hungarian soup with meat, potato and other vegetables.
7. The solution is

2. Find the words below. (maximum 11 words)



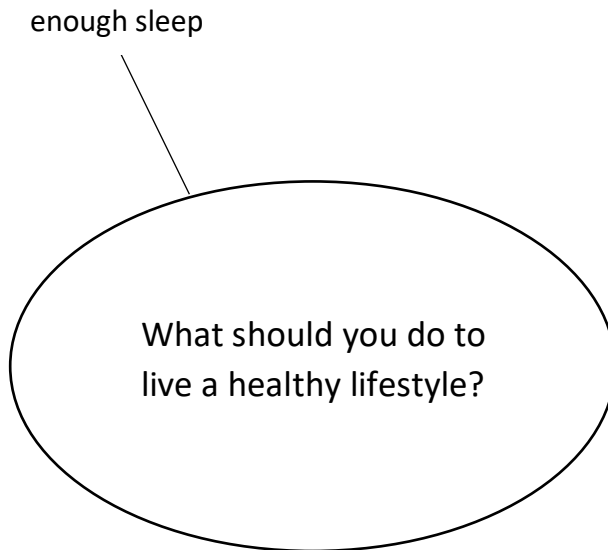
3. True or false

1. Starting weightlifting at a young age is good for your body.
2. Sleeping 6 hours a night is enough for a teenager.
3. To remain fit people need to exercise consistently.
4. Lunch is the most important meal of the day.
5. An average person's daily calorie intake is around 2000.

4. Connect the words to their definition.

vegetarian	meals without dairy products, meat, honey
pescetarian	meals without meat
vegan	people who don't eat meat but eat fish
flexitarian	people who are vegan, but can eat honey
beegan	people who eat mostly plant foods, but include small amounts of meat in the diet

6. Fill the spider web with the corresponding words.



1. Fill in the gaps in the following text!

Consuming a healthy diet throughout the life-course helps to malnutrition in all its forms as well as a range of noncommunicable (NCDs) and conditions. However, increased production of processed foods, rapid urbanization and changing have led to a shift in dietary patterns. People are now more foods high in energy, fats, free sugars and salt/sodium, and many people do not eat enough fruit, vegetables and other dietary fibre such as grains.

The exact make-up of a diversified, balanced and diet will vary depending on individual characteristics (e.g. age, gender, lifestyle and degree of activity), cultural context, locally available foods and dietary customs. However, the basic of what constitutes a healthy diet remain the same.

2. Define which statements are true and which are false!

- A lemon contains more sugar than a strawberry.

T	F
---	---

- 91% of cabbage is plant matter. Only the other 9% is water.

T	F
---	---

- Cherries are related to roses.

T	F
---	---

- Almonds are part of the plum family.

T	F
---	---

- The older an egg is, the more it will float in water. If it floats on top, it isn't good.

T	F
---	---

- A healthy diet could boost your immunity and help keep you from getting sick.

T	F
---	---

- Artificial trans fats are very healthy

T	F
---	---

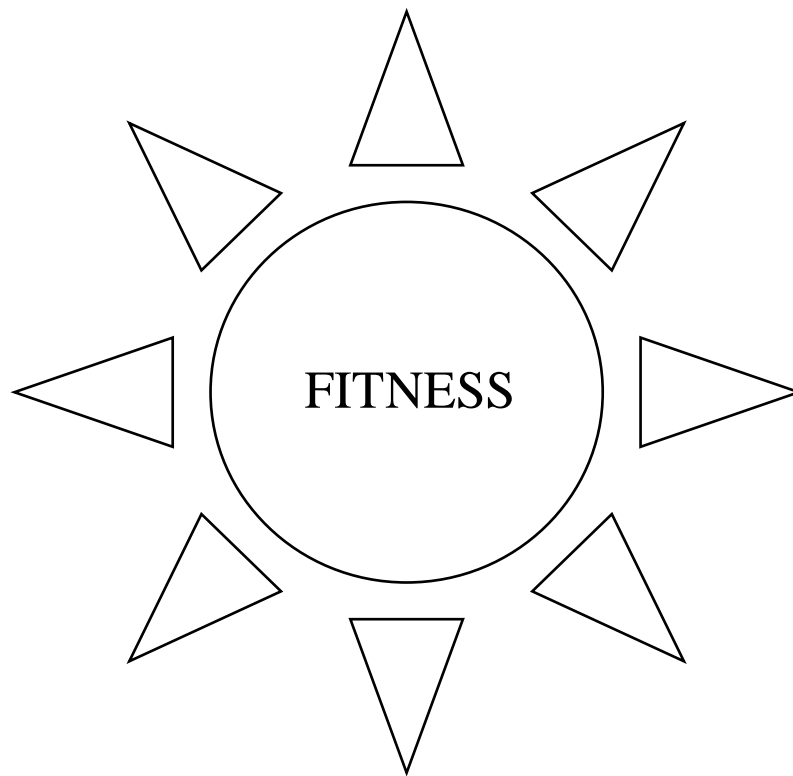
- Broccoli contains twice the amount of Vitamin C than and orange.

T	F
---	---

3. Find the words!

C	A	L	O	R	I	E	S
V	H	U	M	M	U	S	S
A	E	W	E	E	E	P	L
R	A	G	T	A	P	I	S
I	L	P	A	T	O	N	E
E	T	O	P	N	T	A	A
D	H	A	T	L	O	C	N
E	Y	S	G	G	E	H	S

4. Find words that belong to this topic!



5. Find fruits and vegetables that contain the vitamins from the table!

Vitamin A			
Vitamin B1			
Vitamin C			
Vitamin D			
Vitamin E			
Vitamin K			
Calcium			
Iron			
Potassium			

SOLUTIONS

1. Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars and salt/sodium, and many people do not eat enough fruit, vegetables and other dietary fibre such as whole grains.

The exact make-up of a diversified, balanced and healthy diet will vary depending on individual characteristics (e.g. age, gender, lifestyle and degree of physical activity), cultural context, locally available foods and dietary customs. However, the basic principles of what constitutes a healthy diet remain the same.

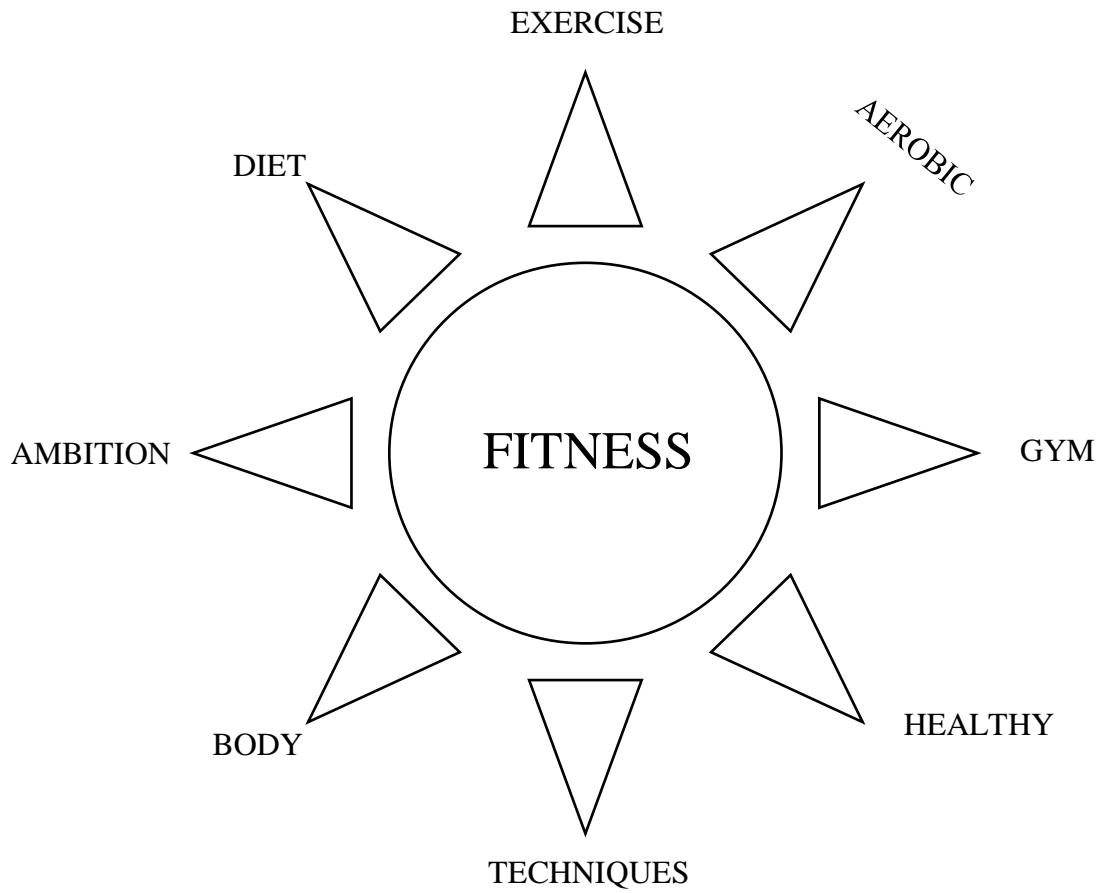
2.

- A lemon contains more sugar than a strawberry. T F
- 91% of cabbage is plant matter. Only the other 9% is water. T F
- Cherries are related to roses. T F
- Almonds are part of the plum family. T F - peach
- The older an egg is, the more it will float in water. If it floats on top, it isn't good. T F
- A healthy diet could boost your immunity and help keep you from getting sick. T F
- Artificial trans fats are very healthy T F
- Broccoli contains twice the amount of Vitamin C than and orange. T F

3.

C	A	L	O	R	I	E	S
V	H	U	M	M	U	S	S
A	E	W	E	E	E	P	L
R	A	G	T	A	P	I	B
I	L	P	A	T	O	N	E
E	T	O	P	N	T	A	A
D	H	A	T	L	O	C	N
E	Y	S	G	G	E	H	S

4. - for example



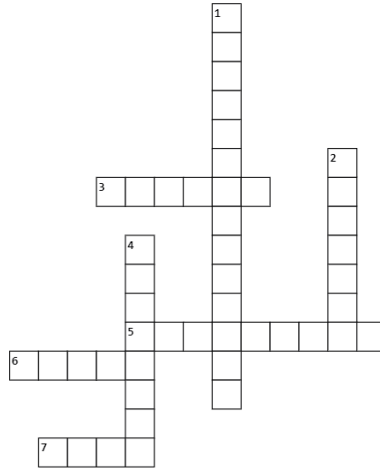
5. – for example

Vitamin A	Eggs	Milk	cheese	Carrot
Vitamin B1	Nuts	Peas	Fresh fruits	
Vitamin C	Citrus fruits	Peppers	Strawberries	Potatoes
Vitamin D	Red meat	Egg yolks	Salmon	Broccoli
Vitamin E	Plant oils	Nuts/seeds	Wheatgerm	
Vitamin K	Broccoli	Spinach	Cereal grains	
Calcium	Milk	Cheese	Sardines	
Iron	Red meat	Beans	Nuts	Dried fruit
Potassium	Potatoes	Avocado	Bananas	

Workbook excercises

1.

The dangers of smoking



Across

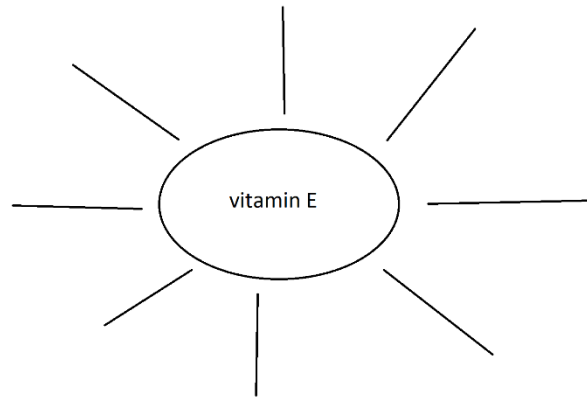
- 3. One of the diseases cause by smoking.
- 5. The consequence of smoking a lot.
- 6. Organ most affected by smoking.
- 7. Electrical cigarettes.

Down

- 1. When someone lives with a smoker.
- 2. Main ingredient of cigarettes.
- 4. The feeling some people get after smoking.

2.

Write foods that contain vitamin E.



1.

3.

Fill in the gaps with the words given.

fruits, farming, dairy products, Paleolithic, hunting, Paleo

A diet is a dietary plan based on foods similar to what might have been eaten during the Paleolithic era, which dates from approximately 2.5 million to 10,000 years ago. A paleo diet typically includes lean meats, fish,, vegetables, nuts and seeds — foods that in the past could be obtained by and gathering. A paleo diet limits foods that became common when emerged about 10,000 years ago. These foods include....., legumes and grains. Other names for a paleo diet include diet, Stone Age diet, hunter-gatherer diet and caveman diet.



4.

Choose the correct name of the fruits from the given words.

Words: elephant, tiger, dragon fruit, lychee, guava, mangosteen, tamarillo, kumkvat , maracuja, capybara

1.

^AE G G P L A N T

^BA A T G C O R N

^CP S N O J A I I

^DP A P A E H G K

^EL L I P N U T P

^FE A G I R A N M

^GS D T A L B B U

^HK T O M A T O P

5.

1 2 3 4 5 6 7 8

Answer keys/suggestions

1.

The dangers of smoking

The crossword puzzle grid is filled with the following words:

- Across: 3. cancer, 4. pleurisy, 5. addiction, 6. lungs, 7. vape.
- Down: 1. passive, 2. tobacco, 3. cancer, 4. pleurisy, 5. addiction, 6. lungs, 7. vape.

Across

3. One of the diseases cause by smoking.
5. The consequence of smoking a lot.
6. Organ most affected by smoking.
7. Electrical cigarettes.

Down

1. When someone lives with a smoker.
2. Main ingredient of cigarettes.
4. The feeling some people get after smoking.

2.

Answer suggestions

1. Wheat germ oil.
2. Sunflower, safflower, and soybean oil.
3. Sunflower seeds.
4. Almonds.
5. Peanuts, peanut butter.
6. Beet greens, collard greens, spinach.
7. Pumpkin.
8. Red bell pepper.

3.

Answer key

A **paleo** diet is a dietary plan based on foods similar to what might have been eaten during the Paleolithic era, which dates from approximately 2.5 million to 10,000 years ago. A paleo diet typically includes lean meats, fish, **fruits**, vegetables, nuts and seeds — foods that in the past could be obtained by **hunting** and gathering. A paleo diet limits foods that became common when **farming** emerged about 10,000 years ago. These foods include **dairy products**, legumes and grains. Other names for a paleo diet include **Paleolithic** diet, Stone Age diet, hunter-gatherer diet and caveman diet.

4.

Answer key:

1. Dragon fruit

2. Lychee

3. Guava

4. Mangosteen

5. Tamarillo

6. maracuja

5.

Results

1: A1-A8

2: B5-B8

3: H2-H7

4: G7-B2

5: B1-F1

6: C2-G2

7: D3-G3

8: H8-B8

BROCCOLI GROUP

1st

[Crosswords exercise \(click here\)](#)

2nd

True (T) or False (F) ?

The breakfast is the most important meal of the day.	T	F
Protein is not needed to help keep your body growing.	T	F
Coffee inhibits growth.	T	F
Drinking fruit juice is as good as eating fruits.	T	F
All wheat breads are not better than white bread	T	F
You will gain weight if you eat late at night.	T	F

3rd

Put the foods in the correct bracket.

Healthy	Unhealthy

Words: hamburger, muffin, broccoli, peach, cherries, chocolate, apple, candy, cake, banana, salad, kebab, carrot, cookies

4th

Match the word with the definitions with the words given:

Fasting, obesity, whole grain, calories, nutritious, BMI index

1. a measure that uses your height and weight to work out if your weight is healthy
2. food that provides you with the sufficient amount of energy
3. unit of energy that refers to the energy people get from food and drink
4. food made from all the essential parts of the entire grain seed

5. a disease involving an excessive amount of body fat
6. abstain from all or some kinds of food or drink for a given time

5th

D	H	W	I	T	F	U	D	P	P	J
Q	I	S	Q	H	R	G	O	O	H	V
A	S	A	J	N	U	H	C	L	E	E
K	D	I	B	V	I	E	T	K	A	G
V	G	U	J	E	T	R	O	M	L	E
C	X	G	M	C	T	T	R	X	T	T
H	E	A	R	T	N	I	Q	Y	H	A
J	L	R	T	U	G	N	C	R	B	B
B	S	U	G	A	R	B	R	G	F	L
R	A	E	C	L	O	V	E	D	S	E
E	F	X	Z	Q	B	M	H	E	A	S

There are 8 words, hidden between the lines! Find them!

- | | |
|----------|------------|
| LOVE | HEALTH |
| DIABETIC | SUGAR |
| DOCTOR | FRUIT |
| HEART | VEGETABLES |

1st exercise answer key:

Crossword Puzzle Title

Fruit salad

Enter the word, a space and then the clue. One word/clue pair per line. Need to see an example?

blueberry	The most common berry in North-America.
dragonfruit	It is named after a mythical creature.
mango	A sweet, widespread, tropical fruit.
coconut	The biggest nut in history.
cranberries	A berry, a band is named the same way.
lemon	When life gives you.....
plum	It may have a dusty-white waxy coating and it is purple.
kiwi	A bird from New Zealand.

2nd exercise answer key:

1. T
2. F
3. T
4. F
5. F
6. T

3rd exercise answer key:

HEALTHY: broccoli, peach, cherries, apple, banana, salad, carrot

UNHEALTHY: hamburger, muffin, chocolate, candy, cake, kebab, cookies

4th exercise answer key:

obesity-5, whole grain-4, calories-3, nutritious-2, BMI index-1, fasting-6

5th exercise answer key:

D	H	W	I	T	F	U	D	P	P	J
Q	I	S	Q	H	R	G	O	O	H	V
A	S	A	J	N	U	H	C	L	E	E
K	D	I	B	V	I	E	T	K	A	G
V	G	U	J	E	T	R	O	M	L	E
C	X	G	M	C	T	T	R	X	T	T
H	E	A	R	T	N	I	Q	Y	H	A
J	L	R	T	U	G	N	C	R	B	B
B	S	U	G	A	R	B	R	G	F	L
R	A	E	C	L	O	V	E	D	S	E
E	F	X	Z	Q	B	M	H	E	A	S

Workbook exercises

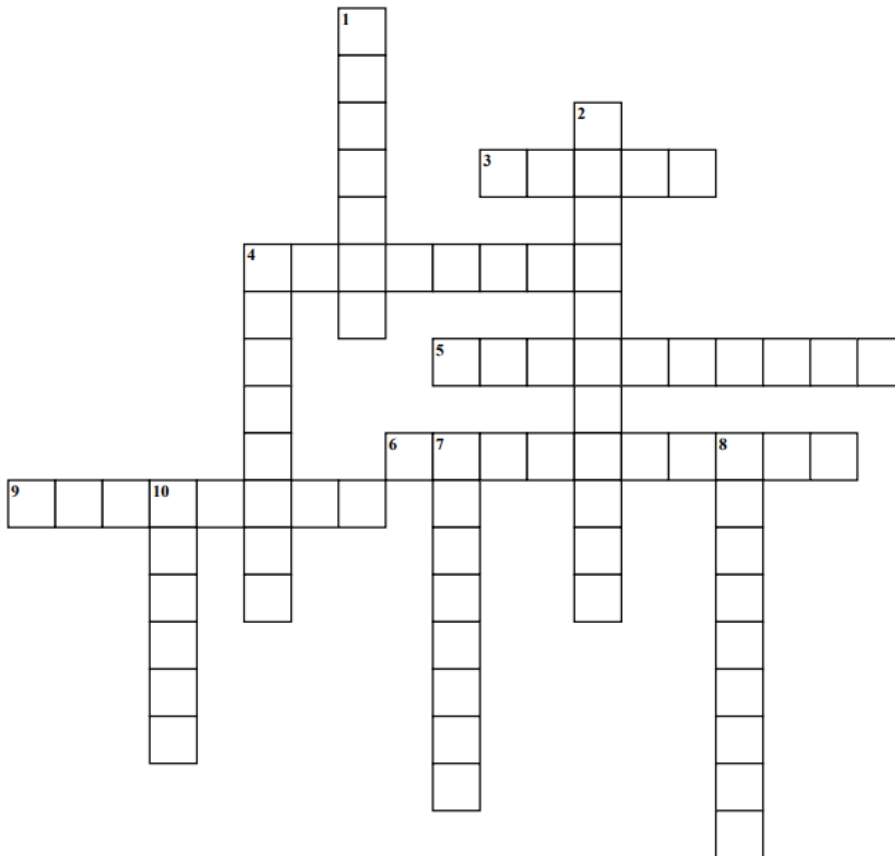
1. Find all the fruits and vegetables.



Word Direction: → ↓ ↘ ↗

2. Do the crossword puzzle.

Health



Across

[3] a condition of body and mind that typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended.

[4] hygienic and clean.

[5] above a weight considered normal or desirable.

[6] the desire to do something, especially something wrong or unwise.

[9] the sport or activity of propelling oneself through water using the limbs.

Down

[1] conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

[2] a harmful reduction in the amount of water in the body.

[4] suffering or dying from hunger.

[7] activity requiring physical effort, carried out to sustain or improve health and fitness.

[8] The invasion and growth of germs in the body.

[10] a band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body.

3. Fill in the gaps with the given words

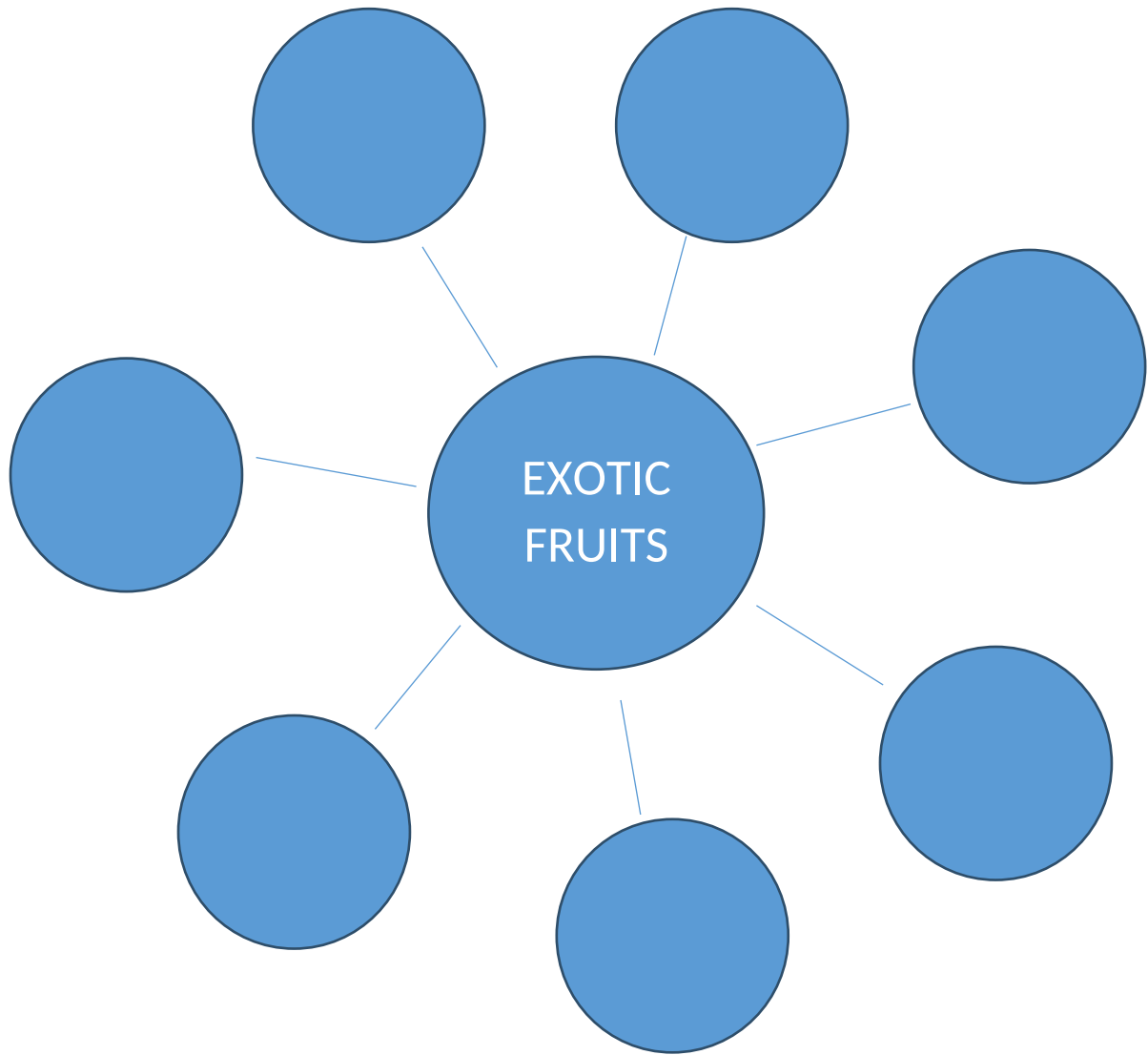
If you don't get enough, you may be at risk of developing osteoporosis. This is a serious condition that makes yourweak and brittle as you age. Women are recommended to consume of calcium a day until the age of 50, and 1300mg of calcium a day after that. The recommended daily intake for is 1000mg of calcium per day until the age of, then 1300mg a day after that age. Women's requirements increase around middle age as menopause leads tochanges that result in bone loss.

Bones hormonal Calcium 70 1000 mg men

4. Write a text with the given words with the title : *Whole foods*

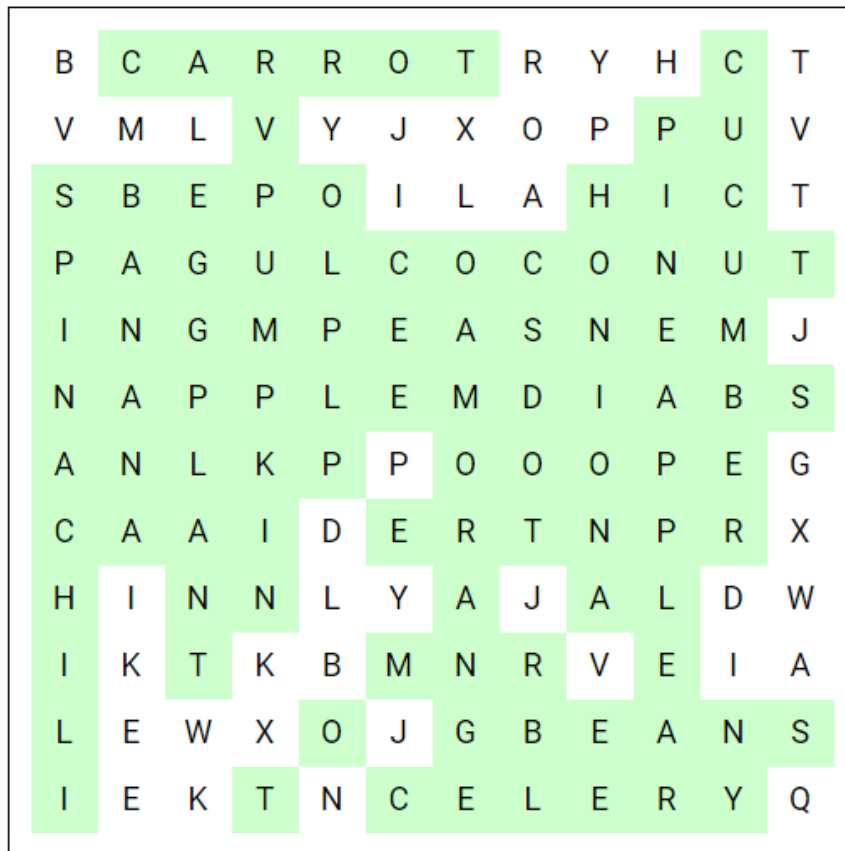
Organic foods peanuts factory farms low-integrity organic foods
Conventional food products

5.



Solutions:

1.



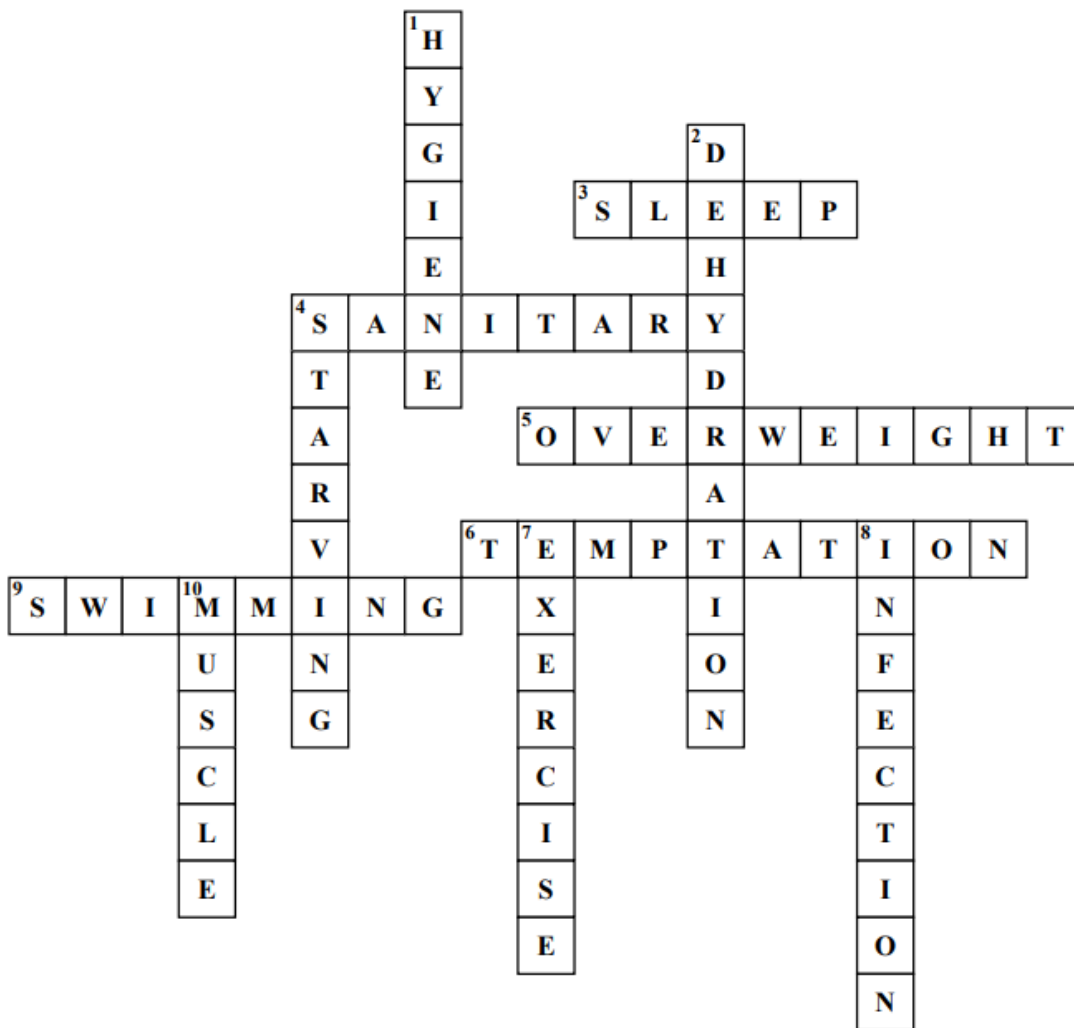
Word Direction: → ↓ ↘ ↗

Clues

- carrot
- eggplant
- peach
- spinach
- apple
- celery
- grapes
- pear
- tomato
- avocado
- chili
- lemon
- peas
- banana
- coconut
- onion
- pineapple
- beans
- cucumber
- orange
- pumpkin

2.

Solution



3.

If you don't get enough *calcium*, you may be at risk of developing osteoporosis. This is a serious condition that makes your *bones* weak and brittle as you age. Women are recommended to consume **1000mg** of calcium a day until the age of 50, and 1300mg of calcium a day after that. The recommended daily intake for *men* is 1000mg of calcium per day until the age of 70, then 1300mg a day after that age. Women's requirements increase around middle age as menopause leads to *hormonal* changes that result in bone loss.

4.

You can't talk about healthy living without starting with Whole Foods (WFM). The world's largest retailer of natural and organic foods operates 343 stores in the United States, Canada and the United Kingdom. Whole Foods has no real competition when it comes to true organic grocers. While major retailers like Wal-Mart (WMT), Target (TGT), Costco (COST), Kroger (KR) and Safeway (SWY) have certainly ramped up their organic offerings over the last couple of years, their several hundred all natural offerings are all natural peanuts compared to the thousands that Whole Foods has available. Not to mention, all of the previous names mentioned have been accused of not only selling low-integrity organic foods from factory farms, but even mislabeling conventional food products as organic.

5. answer key: papaya, pineapple, orange, passion fruit, mango, dragon fruit, watermelon, etc.